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thenewhammag

issue 194 // 30 April 2010



The X factor

Helping you make your mark (centre pages pull-out)



Revised Bank Holiday refuse and recycling collection times

Collection day	Revised collection day
Monday 3 May	Tuesday 4 May
Tuesday 4 May	Wednesday 5 May
Wednesday 5 May	Thursday 6 May
Thursday 6 May	Friday 7 May
Friday 7 May	Saturday 8 May
Monday 31 May	Tuesday 1 June
Tuesday 1 June	Wednesday 2 June
Wednesday 2 June	Thursday 3 June
Thursday 3 June	Friday 4 June
Friday 4 June	Saturday 5 June

Please tie your orange bag and leave beside your bin for collection.

You can also pick up more orange bags from your local service centre or library.



In this issue we show you how you can have your say the easy way, with our step-by-step guide to voting (p20). We bring you news of hundreds of residents we've supported so they can Go For It (p6), and make your garden blooming beautiful with

our home composting tips (p10). Get creative with Rosetta Art Centre (p18) or take a look at the Olympic Park with a trip to the View Tube (p14).

Enjoy!

The Newham Mag Team

Don't forget – If you live in Beckton, Green Street, Manor Park, Plaistow and Stratford and West Ham community forum areas, look inside for local news and events in In Focus.

MAG TEAM OFFICERS: Anita Plaha 020 3373 1517, Bethany Reid 020 3373 4410

REPORTERS: Deirdre Wallace, Maggie Hill, Mark Mistry

CONTRIBUTORS: Gary Bird, Eden Black, Philip Child

DESIGN: Adam Renvoize, Karen Registe

STAFF PHOTOGRAPHER: Andrew Baker

ADDITIONAL PHOTOGRAPHY: Deirdre Wallace

ADVERTISING: Julie Madell 07890 529 090

PRINT/REPROGRAPHICS: Woodford Litho Ltd

DISTRIBUTION: Letterbox distribution



Don't forget to recycle your Newham Mag once you've read it

For all Newham Council services call 020 8430 2000 or visit www.newham.gov.uk

If you do not receive The Newham Mag at home, or know someone who doesn't, please call 020 3373 1517, write to The Newham Mag, West Wing, 4th Floor Building 1000, Dockside Road, London E16 2QU or email newham.mag@newham.gov.uk

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IN BRIEF //

National Grid fined

A major utility company that carried out a large excavation on the outskirts of the Olympic Park without the council's consent has been hit with a £1,650 court bill.

Newham Council took National Grid Gas to court following the incident last year.

The company had been given permission by the council to start works in Angel Lane, Stratford on November 30. However, it carried out the works two months early – excavating a hole three metres square and over two deep.

Stratford Magistrates' Court fined the company £1,000 and ordered it to pay full costs of £633.60, in addition to a £15 victims' surcharge.

Recycle your Yellow Pages

It has never been easier to recycle your old Yellow Pages directories; you can place them in your orange bag with your other paper waste. Old Yellow Pages are 100% recyclable.

For more information about recycling visit www.newham.gov.uk

New Summer Active Centre launch

Abbey Gardens in Barker Row, Stratford is the latest addition to the Summer Active Centre family. To celebrate, a launch party is taking place on **Tuesday 11 May**, 10am to 12.30pm, where residents will be given a short introduction to the gardening workshops and offered a tour around the garden followed by light refreshments.

The centre will then be open regularly on Tuesdays, 10am to 12.30pm. For more information call the community centres team on 020 3373 0625.

Cycle legends make tracks towards Newham

Cycling enthusiasts old and young have a special treat in store as the Tour of Britain whizzes into Newham in September.

Champion riders will be hurtling through the borough in what will be the final stage of this renowned race.

Residents will also have the opportunity to tackle the course as Newham Council is working alongside organisers and the Prostrate Cancer Charity to ensure the community benefits from this prestigious event.

There are eight stages in all, taking in the Black Mountains, Cornwall, Somerset and East Anglia, before finishing in Newham on September 18.

Tour technical director Michael Bennett said: "We're delighted to be ending this year's event in Newham – the host Olympic borough – where the winner will be crowned."

Newham Council chief executive Joe Duckworth added: "As a cyclist I'm delighted this event is coming to Newham and I hope to see as many residents as possible alongside me cheering on the riders as they finish this gruelling challenge."

Keep reading the Newham Mag for updates on how you can get involved.



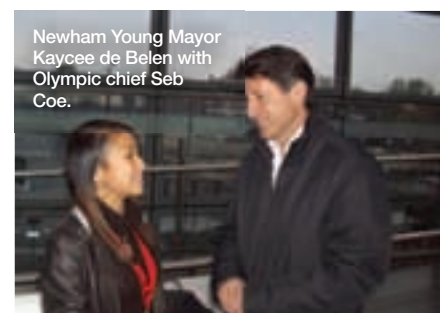
Team Sky cyclist Russell Downing (l) with Newham Council chief executive Joe Duckworth

Coe commits to clarity

Young Mayor Kaycee de Belen has received an encouraging response from the London Organising Committee of the Olympic Games (LOCOG) after she asked for local young people to be involved in the Opening and Closing ceremonies.

Kaycee received a response from LOCOG Chair Seb Coe last week in which she was told that the ceremonies are still being planned but LOCOG were hopeful that young people would play a part.

Lord Coe wrote: "I have passed your letter to our Ceremonies team for their interest and we hope to have some clarity on young people's involvement by the beginning of next year." Kaycee said: "It's really pleasing to see that LOCOG has taken our request on board and I'm hopeful that come 2012, we'll be seeing the diversity and talent of Newham's young people in the world spotlight as part of the Opening and Closing ceremonies."



Newham Young Mayor Kaycee de Belen with Olympic chief Seb Coe.



News

Jack Hart remembered

Flags flew at half-mast at Newham Town Hall in East Ham on 14 April as final respects were paid to former councillor, council leader and mayor Jack Hart.

Honorary Freeman Jack, real name John, passed away on March 30 at The Royal London Hospital in Whitechapel.

His funeral cortege stopped outside the Town Hall in Barking Road before a service at the Methodist and Congregational Church in East Ham where councillors past and present, council officers, and friends and family said their goodbyes to the 97-year-old.

Newham's chief executive Joe Duckworth, who attended, said: "Jack devoted more than 50 years to the service of our community. We all owe him a great deal."



The funeral cortege outside Newham Town Hall

Waste in front gardens tackled in time for summer

Residents who have turned their front gardens into an eyesore are being targeted by Newham Council.

Community safety and housing and public protection officers are working together to take action against the owners, landlords and occupiers of rubbish-filled gardens.

Residents and home owners with unacceptable levels of waste in their gardens will be issued with a warning letter asking them to clear the waste. They also face notices being served, court action and fines of up to £5,000.

The plan was introduced borough-wide following a successful pilot in the Neighbourhood Improvement Zone (NIZ) in Manor Park's Little Ilford ward.

Bulky items can be removed for free by Newham Council's collection service. For more information call 020 8430 2000.

Families relocated from "rabbit warren" home

Two young families living in a "rabbit warren" property have been placed in emergency accommodation.

Newham Council served an Emergency Prohibition Order on the pair of two-storey flats which had been knocked-through in Romford Road, Manor Park.

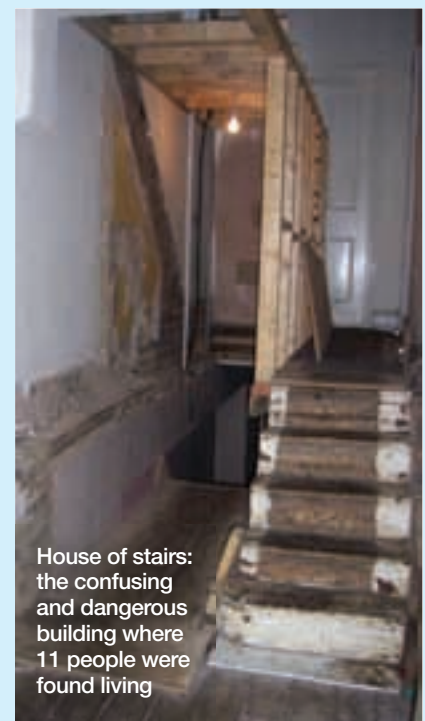
Council officers found 11 people living in the building after investigating a door daubed with a sloppily painted address number.

The homes – situated above two fast food takeaway shops – were found linked on the second floor by a dangerous doorway which had been smashed through a supporting wall. Those living in the six-bedroom property included two families – one with three children aged six and one-year-old twins, and another with a two-year-old child.

Other dangers included a partly demolished staircase which had been severed at the first floor – with just a flimsy board preventing a drop of 20 feet from the second floor. In order to access the next level, tenants had to use another staircase accessed by walking through a maze of rooms.

The landlord now faces prosecution for poor management and failure to licence a house in multiple occupation.

Andrew Billany, Newham Council's divisional director for housing and public protection, said: "This house was more like a rabbit warren with holes that passed for doors and stairs that led to nowhere. We will not accept sub-standard or dangerous properties as Newham residents renting privately deserve nothing less than a decent place to live."



House of stairs: the confusing and dangerous building where 11 people were found living

Hundreds have gone for it with a **Go For It grant**



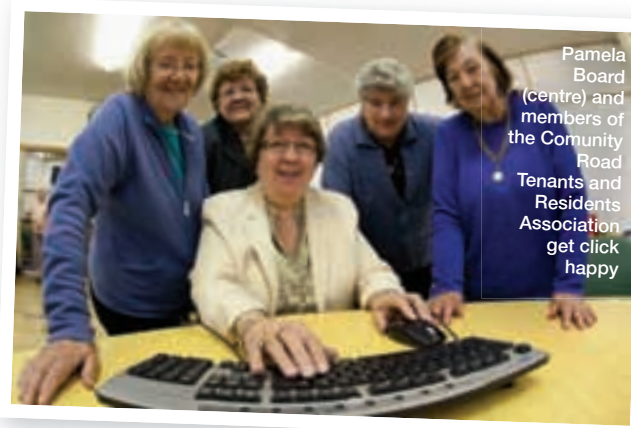
Since its launch almost four years ago, the Go For It grant programme has awarded more than £1m to Newham residents to fund their community projects. Whether the money's been used to kick start an activity, interest others in a hobby or become more environmentally friendly, all projects have encouraged people to get together and get active in their community.

To date more than 1,000 applications for a grant have been successful. These include: art workshops at Newham Art School; head massage therapy sessions; creative writing workshops; lunchtime clubs; equipment for East Ham Division guides; first aid training and much, much more.

Computer Club

The Community Road Tenants and Residents Association were recently awarded £1,000 to continue running their computer classes (pictured above). Primarily attended by older residents in Stratford, the classes have proved very popular and given people the chance to get PC literate as well as meet up and have a chat.

Secretary of the association Pamela Board said: "We're all pensioners and have now learnt things like how to send



Pamela Board (centre) and members of the Community Road Tenants and Residents Association get click happy

emails, letters, and what you can do online. With the money we've been able to pay for 20 more tutor-led classes which is fantastic."

Radland Road Community Garden Project

Chris Monk and other local residents were awarded a £450 grant for their community garden project in Canning Town. With the money the group have bought materials so they can plant fruit and veg in their



garden and are looking to make the space accessible to wheelchair users.

“Without the grant we’d never have been able to achieve what we’ve achieved”

“Without the grant we’d never have been able to achieve what we’ve achieved,” says Chris. “We’ve now got everything growing in the garden from kiwis and passion fruit to peppers and a cherry tree!

“Before the block was really lacking community spirit. Now everyone looks out for each other and everyone’s got involved. There’s 18 households in the block and I think every single one has taken part in the project.”

Fitness classes

Julliana Sultana, organiser of the Fight it Together (FIT) group realised there was a lack of exercise classes in the Canning

Town area and applied for a grant. Using the Abrahams Centre, E16, FIT have used their £815 grant to organise free, instructor-led weekly exercise classes for the local community (pictured). Residents can now not only stay healthy and have fun, but also meet their neighbours and make new friends at the same time.



The qualified fitness instructor leads the first free fit class with residents at the Abrahams Centre, E16

Got an idea that will benefit the local community?

To apply for a Go For It grant you need to be a group of at least three Newham residents or a formally constituted voluntary group. You’ll need to fill in an application form explaining the purpose of your project and how you plan to make it happen. A maximum grant of £1,000 is available.

To find out more and fill in an application form visit www.newham.gov.uk and search for Go For It grants or call on 020 3373 6019.



Azzou
Yousef

Sigitas
Pobutka

The coach: Kelvin Facey, AKA Coach Chris

"NASSA is about unity, being responsible and leading by example. We have a code of conduct – both on and off the court/pitch – and there is mutual respect amongst players."

The player: Alex Semanda, 15

"You don't play basketball with your height – you play it with your heart. NASSA is my home-from-home, I play four or five times a week. I'd love to play for the NBA."

The referee: Aaron Siniour, 20

"Basketball is a very technical game where you exercise your mind as well as your body. The season has just finished but that doesn't mean practice stops."

SKY'S THE LIMIT FOR **NASSA**

What began with a mum taking her children to the ball cage in Plaistow's Balaam Park is now the borough's biggest basketball provider. If you're interested in basketball or football, NASSA's got both, with qualified coaches who use sport as a way to develop players socially, physically and mentally.

Natasha Hart, founder and director of NASSA – Newham All Star Sports Academy – proved how infectious sport can be when she started taking her kids to the park to play basketball and watched wannabe players flock to join in. Within weeks around 30 young people were flocking to the sessions.

A professional basketball player in her home country of Russia, Natasha invited

some of the more experienced basketball enthusiasts to help her coach the beginners. She said: "Everything we've achieved has been a team effort. Even the name NASSA had input from everyone."

"Obviously we wanted to say we're from Newham, and the kids said we're 'all stars'. We specialise in football and basketball so we added sports and I didn't want to be seen as a club people dip in and out of but an academy where you can really exceed your goals."

NASSA sessions cost £3 and there are seven sessions every week, which are open to boys and girls, with teams spanning from under-eights to under-16s. NASSA also provides weekly sports to around 1,700 schoolchildren.

Women only basketball sessions have just started at Newham Leisure Centre, Saturdays 12noon-2pm. For more information on this or any other NASSA sessions visit www.nassa-uk.org.uk, email nassa-uk@hotmail.co.uk or call **07932 756 197**. For complete NASSA listings turn to page 36.

Football and basketball is just one of the sports you can enjoy at the Multi-Sports Club Hub at Newham Leisure Centre, E13. For more information call thesports and activities team on 020 8430 2000 or email sportsdevelopment@newham.gov.uk

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TALKING DIRTY

When it comes to composting you literally get out what you put in. Composting is great for many reasons including diverting waste from landfill and using what the environment provides to nurture nature.



DIRT CHEAP – THREE EASY STEPS TO COMPOSTING

1. Sensible site



Ideally, your compost bin should be placed in a sunny spot on bare soil. If you don't have soil areas you can place your bin on any

other surface – even concrete - providing there's a layer of paper, twigs and existing compost on the bottom

2. Cool collector



The easiest way to collect kitchen scraps is using a kitchen caddy – if you don't

have one you can use an old ice cream tub. Feed your caddy with vegetables, fruit peelings, teabags, eggshells, cereal boxes or even toilet rolls. Never compost cooked food, meat or fish as this will contaminate your mound.

3. Bin there, do that

Transfer the contents of your caddy or container into your compost bin. It takes around nine to 12 months to turn your household waste into rich,



luscious compost and you can add to your bin all year round.

CULTIVATE WITH COMPOST



Once your scraps have broken down, your compost should be deep brown, smell earthy and be moist but slightly

crumbly. Now off you grow!

Here are a few suggestions for where you could use your compost.

- > **Flower power:** add 10cm of compost to your soil beds before planting. If your plants are already in the ground add a thin layer of compost at their base.
- > **Beautiful beds:** tuck in your bedding plants by spreading a 5cm layer of compost over the existing soil.
- > **Pot luck:** give potted plants and containers an extra boost by removing the top few centimetres of soil and adding your compost, ensuring you leave a gap around soft stemmed plants. If you're using your compost to pot new plants mix only a third of the compost into the soil; any more will make the soil too rich.
- > **Veritable veg and happy herbs:** get hearty herbs by crumbling your compost around the base of the plants. Vegetables also grow better with compost added to their soil. Apply compost with each rotation – particularly when sowing potatoes or carrots.

COMPOSTING DO'S AND DON'TS

Composting works by mixing 'green' and

'brown' waste. Feed your compost bin with these green and brown goodies:

Greens:

- ✓ Vegetable, salad and fruit scraps and peelings
- ✓ Old flowers and nettles
- ✓ Coffee grounds and filter paper
- ✓ Young weeds
- ✓ Spent bedding plants
- ✓ Tea bags
- ✓ Grass cuttings

Browns:

- ✓ Cardboard
- ✓ Egg boxes
- ✓ Crunched up paper
- ✓ Fallen leaves
- ✓ Sawdust
- ✓ Twigs, branches and bark

Never add the following:

- ✗ Meat
- ✗ Cooked vegetables
- ✗ Dairy products
- ✗ Diseased plants
- ✗ Dog poo or cat litter
- ✗ Nappies
- ✗ Perennial weeds or weeds with seed heads

COME COMPOST WITH US

To mark National Composting Week, Newham Council are offering massive discounts on composting bins. Come along and get a 220l bin for **£2** (RRP £39) or a 330l bin for **£5** (RRP £49). You can also quiz the experts with your composting queries.

The event takes place on Sunday 2 May, 10am-2pm, at Queens Market, Green Street, E13. Turn to page 39 for more information.

DID YOU KNOW?

As well as offering you a compost bin for a fraction of the high street price, Newham Council also provides a free green garden waste collection service to all residents. All collected green waste is turned into compost. For more information or to book a collection call **020 8430 2000** or visit **www.newham.gov.uk**

Howzat! *Big hitters explore 2012 options*

The Olympic and Paralympic Games may not have yet begun but the race to ensure that the Olympic Stadium provides a viable and lasting legacy is well under way. With more than 60 per cent of the Games happening in Newham, it's vital that residents reap the benefits that such a once-in-a-lifetime opportunity brings. Newham Council has already joined forces with West Ham United Football Club and now welcomes the backing of Essex County Cricket Club.

The trio have united to investigate the feasibility of turning the stadium in Stratford into a vibrant centre of sport, culture and education. The three organisations are exploring the possibility of the venue hosting football, Twenty20 cricket and athletics, as well as providing a community use.

Former Essex cricketer and England's

leading Test match run-scorer, Graham Gooch is fully behind the proposal. He said: "We certainly must explore all the options.

"It makes absolute sense that Essex, West Ham United and Newham Council join forces to use the Olympic Stadium. It would be good for sport in the area. It would raise the profile of cricket in Newham and across East London, especially amongst its amazingly culturally diverse community."

The talents of Graham Gooch and former England captain Nasser Hussain were discovered on Flanders Field in East Ham, while England's Ravi Bopra went to school in Newham.

Essex Cricket chief executive David East, who played alongside Gooch in the 1980s, said: "We have a very active development programme in the east end of London and this would give us an ideal opportunity to extend our community work even further with a

centre of excellence in Newham."

Newham Council's chief executive, Joe Duckworth, added: "The last thing anyone wants is for the Olympic Stadium to lay idle. The only realistic solution is to make it work for a range of sports and community uses."

Graham Gooch



For more information about cricket in Newham turn to page 36 or visit:

- > www.newham.gov.uk
- > www.essexcricket.org.uk
- > www.newham.play-cricket.com
- > www.newvic.ac.uk/leavers/life/cricket





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A man in a dark jacket stands on a balcony, looking out at the Olympic Park stadium under construction. The stadium's distinctive white, web-like structure is visible through a large window. The foreground is dark, while the background shows the bright, overcast sky and the construction site.

A tube with a view

It may not be the biggest regeneration project in the borough but it's the one that's got the eyes of the world watching. As the Olympic Park takes shape ready to host the planet's biggest sporting event – the Olympic and Paralympic Games – why not get in on the action and watch the daily developments unfold before your eyes.



The View Tube in Stratford was created by Leaside Regeneration and is funded by the London Thames Gateway Development Corporation and the Olympic Delivery Authority. Venue manager Rosie Murdoch describes it in a nutshell as: “somewhere you can rest, take in the view, use the loo and have a brew.”

Housed on the Greenway, a traffic free haven for pedestrians, cyclists and wildlife which cuts through the borough linking Beckton to Hackney, the View Tube hosts one of the best sights in London. Its shocking lime green colouring certainly makes the venue stand out among its towering neighbours, which include the Olympic Stadium, Velodrome, Aquatics Centre and Stratford City.

Made entirely from recycled shipping containers, the venue combines education, relaxation and recreation.

Education

The View Tube houses a classroom which hosts curriculum based teaching programmes for primary and secondary schools, with a unique platform giving panoramic views over the Olympic Park. The classroom is for hire as a facility or as a way to explore subjects including geography, arts and crafts and science with qualified on-site professionals. For bookings or more information visit www.theviewtube-learn.co.uk or email info@theviewtube.co.uk

Eat

If you want a world-class backdrop to enjoy while you have a cup of coffee or bite to eat, the Container Café will not disappoint. It's already gathering acclaim and is named in Time Out as one of London's best secret cafés.

Explore

Cycle provider Bikeworks also have a home at the View Tube. They provide a range of services from guided cycle tours of the area to bike repairs. If you're keen to rediscover the power of the pedal you can even hire a bike and safety equipment and go it alone. For more information call 020 8980 7998 or email joe@bikeworks.org.uk

Express

The tube also houses an expressive mix of arts on display daily which showcase the work of local artists and organisations.

Get involved

The View Tube is a venue with community at its heart. Rosie explains: “We've been open a few months now and are keen to attract more people up here and spread the word about what the View Tube's all about.” Coming up, Rosie's planning some special evening events and performances. “We ask people to register with us if they're interested in events, activities or news about the View Tube. A lot of people have signed up for our e-newsletter which tells everyone about what's going on.”

Sign up for alerts by becoming a Friend of The Greenway on the website: www.viewtube.co.uk



Take in the site

The View Tube is located on the Greenway, E15 2PJ, and is open seven-days-a-week, including bank holidays, from 9am to 5pm. Pudding Mill DLR station is nearby.

You can walk to The View Tube from Marshgate Lane, off Stratford High Street or Wick Lane; just follow signs to The Greenway.

Move of the month

Newham Sports
Academy Coach
Coral Nourrice talks us
through tricep dips.

Coral demonstrates the tricep dip



Keep on track with local running sessions

Newham Athletics Network, in partnership with Run in England, have set up running clubs for residents of all ages and abilities. Sessions cost £2 per class and are delivered by qualified leaders. Sessions take place on:

Saturdays, 10-11.30am, Central Park, E16 – meet by Central Park Café
10-11.30am, West Ham Park, E15 – meet by the South Gate entrance, off Portway.

Sundays, 10am-12noon, Newham Leisure Centre, Prince Regent Lane, E13 – meet on the track.

Tuesdays, 6-7pm, beginners. Newham Leisure Centre, Prince Regent Lane, E13 – meet on the track.

For more information email
Getactive@newham.gov.uk

If you want toned arms, why wait? You can use your body weight as resistance to give your upper limbs some oomph with these tricep dips.

For this exercise you'll need a bench or chair sturdy enough to hold your body weight. If you have problems with your shoulders or wrists speak to your GP before trying this exercise.

1. Stand in front of the chair with your back to it.
2. Place your hands on the edge of the chair with palms down and knuckles facing forward. Hands should be slightly closer than shoulder width apart and your knees should be bent at a 90-degree angle.
3. Lower your body by bending at the elbow. Exhale slowly as you bend. Lower for a count or two, ensuring your elbows don't point outwards as you lower.
4. Push your body back up by straightening your arms. Inhale slowly through your nose as you straighten.
5. Repeat ten times, rest your triceps and begin another set of ten. Do this two or more times and get arms to envy.

What a way to warm up!

Warming up before any exercise is vital to ensure you don't damage any muscles. This month warm up to your favourite song and dance like no-one's watching. Swing your arms, shake your hips, pick up your feet and get into the groove.

Are you 19-25?

Do you want to change your community for the better?



- **Join UpRising!** UpRising is a free public leadership programme for young adults aged 19-25 who live, work or study in Barking & Dagenham, Newham or Tower Hamlets.
- **Learn how to organise for social change:** Act to solve the problems you see in your area on issues such as education, crime or health.
- **Learn new skills:** Learn how to communicate through the media, speak in public and much more!

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Rosetta art attacks

Where and when was Rosetta Art Centre established?

Originally we were called Rosetta Studio Workshops and were based in Canning Town in 1993. The founder Yvonne Humble had the idea of setting up a community based arts workshop and it was located in a single room at Rosetta Primary School – hence the name. Then as it got more and more popular they moved to Hamilton Road in Stratford in 1995.

What kind of courses do you run?

We have six-week short courses such as our new history of art course as well as City and Guilds courses in watercolour, oil painting, textiles, pottery, fashion and

costume design. We also offer A-level photography, which I teach.

Students don't have to do a vocational course but as people get more and more into the course I always say 'you know, you're here every week, why not aim to get a qualification out of it?'

Where do your students come from?

About 80 per cent come from Newham and their backgrounds vary. We get people from grassroots level who have no qualifications, then we have some professionals who come in for leisure in the evenings. It's a real mixed bag – we can have an 18-year-old working alongside a

70-year-old but it works really well – we like to have that community feel.

What's the mosaic group?

These are students with learning disabilities or mental health problems who come in on Friday afternoons to work on mosaic pieces. It's a really good discipline to keep you focused and it's good for dexterity too. It's also a great opportunity to meet other people and build up social skills.

What work do you do with children and young people?

We're part of the Newham Council run Holiday School programme and last year

From an inauspicious start in a single classroom to a thriving visual arts hub in Stratford, Rosetta Art Centre is busy promoting learning for life. Part funded by Newham Council, centre coordinator Trisha McCauley joined the Rosetta team as a photography lecturer eight years ago, and talks to us about painting, pottery and participation.

we worked with 14 to 18-year-olds on several projects: newsworthy photography; textiles – they made their own T-shirts and bags using silkscreen – and a large scale mural of Newham and what it means to young people in the borough.

We're also working with North Beckton Primary School on an imagining clay project which we ran in Grange School a little while ago.

What are you doing at the Old Town Hall, Stratford?

We've got a constant dedicated visual art space there where we're going to be putting on changing exhibitions. The

first one is on display now and is called Celebrity Culture which explores the excessiveness of celebrity. Celebrity isn't just about being on the news and people forget who the real celebrities are. You turn on the TV and you don't necessarily want to see Jordan all the time! The exhibition is free and runs until 9 July.

How can interested people find out more and possibly enrol on a course?

Some classes do fill up like hotcakes so if you're interested you can call us now and pre-enrol to secure your place. We'll be holding an open day around early July where you can come in, ask us questions and

view the work, or you can book a separate appointment – just call us to arrange.

Contact Rosetta Art Centre by emailing info@rosettaarts.org or calling 020 75111 117. The centre is located at 1 Hamilion Road, Stratford and full course details can be found on the website www.rosettaarts.org

Keep an eye out for details of this year's Holiday School programme in a future edition of the Newham Mag.

VOTE NEWHAM

THURSDAY 6 MAY

Thursday 6 May is a really important day for everyone who lives in Newham. With elections for the Mayor, councillors and members of parliament who will represent you at both a local and national level, this is the day you get to have a big say.

HOW TO VOTE

Although most of us are determined to use our right to vote, elections can be confusing. This year there are different voting systems in place for each of the three elections. However, by following our simple step-by-step guide you can rest assured that your voice is heard on Thursday 6 May.

WHERE TO VOTE

You should have received your polling card in the post telling you where your polling station is, but if you are unsure visit the Where To Vote page on our dedicated election site www.VoteNewham.com

If you don't have access to the internet and need to find your polling station you can call the elections team on **020 3373 3777**. Write down the name and location of your polling station below, so you don't forget. You can also pull out these pages and take them with you when you go to the polling station.

MY POLLING STATION

.....

CONTACT US

Electoral Services

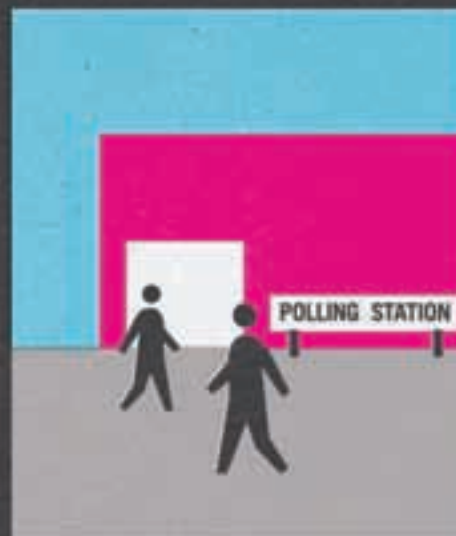
London Borough of Newham

Room 38, Newham Town Hall, East Ham E6 2RP

Telephone 020 3373 3777

Email elections@newham.gov.uk

Web www.VoteNewham.com



01 You should have received your voting card letting you know where your polling station is.



02 If you are unsure your polling station you can find out at www.VoteNewham.com



06 They will also check your details and make sure that you are registered to vote.



07 You will then be given three ballot papers, one for each election.



11 EU VOTERS

On the yellow ballot paper put a cross next to your three chosen councillors for Newham Council.



12 NO EU VOTERS

Put your white ballot paper in the appropriate box.



Ensure where
station is,
out at
ewham.com



03 The elections will take place on Thursday 6 May.

07:00



22:00



04 You will be able to vote at any time between 7am in the morning and 10pm at night.



05 There will be someone available at your polling station to answer any questions you might have.



can be given
papers –
election.



08 Once you have your ballot papers, you can go into a private booth to cast your votes.

YOUR
GOVERNMENT



Ⓢ NO EU VOTERS Ⓢ



09 On the white ballot paper put a cross next to the name of your chosen Member of Parliament.

YOUR
MAYOR



✓ EU VOTERS ✓



10 On the peach ballot paper put a cross next to your 1st and, if you wish, 2nd choice for Mayor.



OTERS Ⓢ

ite ballot paper
appropriate box.



✓ EU VOTERS ✓

13 Put your peach ballot paper in the appropriate box.



✓ EU VOTERS ✓

14 Put your yellow ballot paper in the appropriate box.



15 Now read all about how your votes have influenced the way your local area and the country is run.

Got something to
shout about? Email your
ideas to [newham.mag
@newham.gov.uk](mailto:newham.mag@newham.gov.uk)

YOUR SPACE

where young people take control

SCOUTING FOR ADVENTURE

Rajesh Sidhu talks about being a member of 11th Newham West Scout Group.

"I've been involved in the scouting adventure since the age of six. I am now a 17-year-old explorer scout (elder scout) of the 11th Newham West Scout Group, based in Stratford.

"We have our own scout hall where we meet and hold fundraising events such as jumble sales. All of us play a role in fundraising as it is for our benefit, and it also gives us a sense of responsibility and participation; key requirements in life.

"Our work progresses towards the badges we earn, but it also lets us contribute to the community"

"Our badges are not easily earned and most of the activities we do are based outdoors. We go to weekend camps and excursions for unique experiences such as rifle shooting, archery, go-karting, and we'll be quad biking later this year.

"Working with Newham Conservation Volunteers, we actively participate in preserving spaces in Newham such as Forest Lane Park, E7. We also work closely alongside West Ham Park. We have planted hedges, contributed towards creating the giant leaf pile, cleared up leaves, mulched around the park, and attended the Christmas Park in the Dark event.

"None of our achievements would exist without the voluntary help of our scout leaders Ricky O'Garro and Ajay Sidhu, who spare a lot of their time to uphold the troop.

"Our work progresses towards the badges we earn, but it also lets us contribute to the community, not to mention how enjoyable it is!"



If you'd like to find out more or join the
adventure, visit www.newhamscouts.org.uk
or call 08450 943 829.



Newham Summer Active Centres

Aged 50 or over?

Don't be home alone this summer. Meet friends, keep active and learn something new at Newham's Summer Active Centres.



Go along to a Summer Active Centre near you and enjoy **FREE** entertainment:

- Trim Trails **NEW**
- Disco dancing **NEW**
- Themed coffee mornings **NEW**
- Down Our Street **NEW**
- Dinner evenings **NEW**
- Singing **NEW**
- New Age Kurling
- Wii League
- BIG Bingo!
- Health checks
- Free swims (60+)
- Free Swimming Lessons (50+)
- Badminton
- Planting and growing
- Afternoon tea and bowls
- Refreshments
- And lots more!



Available to Newham residents only. For further information please call **020 3373 0625** or visit **www.newham.gov.uk**



Newham in pictures



1 Getting into the groove at the St. George's Day Tea Dance, Old Town Hall, Stratford. **2** Roll up, roll up – getting your five-a-day the colourful way at Stratford Shopping Centre Indoor Market. **3** Foot'asic! Footie Fives tournament at Drew Road MUGA, Royal Docks. **4** Curling comp at the Claude Road Summer Active Centre, Plaistow. **5** Bountiful blossoms beautify the borough.

ARMY AMPUTEE SETS SIGHTS ON PARALYMPIC GLORY

Newham Council recently treated a group of 15 injured colleagues from the Royal Guardsmen to a complimentary trip to the Olympic Park Viewing Gallery (OPVG). The visit to Holden Point in Waddington Road, Stratford, proved so inspirational that one soldier who lost his leg in a near fatal Taliban bomb blast has now vowed to get into the 2012 Paralympic swimming squad.

One of the troops present on the day – Lance-Corporal Scott Blaney – had sustained significant injuries after his right leg and elbow were blown off in the blast from an IED (Improvised Explosive Device) in May 2007.

He was rescued from certain death by Army hero, Sergeant-Major Darren Chant, 40, who was tragically killed last November when a rogue Afghan policeman he was helping train gunned down five soldiers.

Lcpl Blaney explained how he was dramatically saved. “An explosion went off when I was on foot patrol,” he said. “I was bleeding very badly and he put me on his shoulder and carried me for over a mile to the helicopter. He saved my life.”



Lance-Corporal Scott Blaney (front row, third from l) and the Royal Guardsmen at the Olympic Park Viewing Gallery

Lcpl Blaney, who was encouraged by the progress made on the Olympic Park, added: "Getting the chance to see the Olympics being built is impressive as I've only ever seen it on the road in passing. I'm really looking forward to the Games and so much has already been done in terms of building – it's massive.

"I'm really into sport, despite my injuries. Now I am looking at doing the trials for the Paralympic swimming squad for 2012."

Jean Jeffrey, Newham Council's commercial officer who runs the tours, said: "It was very emotional talking to the soldiers as they have all given so much to this country. I told Scott he had better win Gold at the Games and that the whole borough would be cheering him on."

From the OPVG you can see the many sights of Newham as well awesome views of the four other host boroughs –

Greenwich, Hackney, Tower Hamlets and Waltham Forest.

Some of the views of the 1,500 acre 2012 Olympic and Paralympic site include:

- > Stratford International Channel Tunnel Rail Link
- > Olympic Village
- > Athletes' Village
- > Olympic Stadium
- > Aquatics Centre
- > Media and Broadcasting Centres.

The OPVG and facilities were commissioned as part of the Olympic bid in 2005 and the gallery provides stunning panoramic views over the 2012 Olympic and Paralympic site. Holden Point, which remains in use as a place to live for many residents, was constructed in 1969, has 22 floors and stands an impressive 64 metres tall.

Visit the OPVG

If you are a Newham resident you can go on a free 30 minute tour of the Olympic Park Viewing Gallery as part of the Open Weekend programme on 24 and 25 July. Keep an eye out for details of how to book your place in an upcoming issue of the Newham Mag.

If you are an organisation, group booking costs vary for commercial and large organisations; not-for-profit organisations outside of Newham; and not-for-profit organisations within the borough which are able to visit for free.

To arrange for your organisation to visit call Newham Council on 020 3373 0421 or email opvg@newham.gov.uk



The only story centre in London has been relaunched after a magical transformation. Discover, the UK's first hands-on creative centre for children and families based in Stratford, recently reopened after a month of behind the scenes activity.

To celebrate, Discover with Newham Council put on a free Spring Party which saw 2,000 children, adults and carers queuing around the block to take part in all the fun and frolics.

The festivities began as Discover's patron Meera Syal and Kipper the dog cut the ribbon and opened the new front door to the public.

Families then seized the opportunity to take part in loads of great imaginative activities including story telling with Kipper, music sessions, face painting, arts and crafts and a tea party for toddlers.

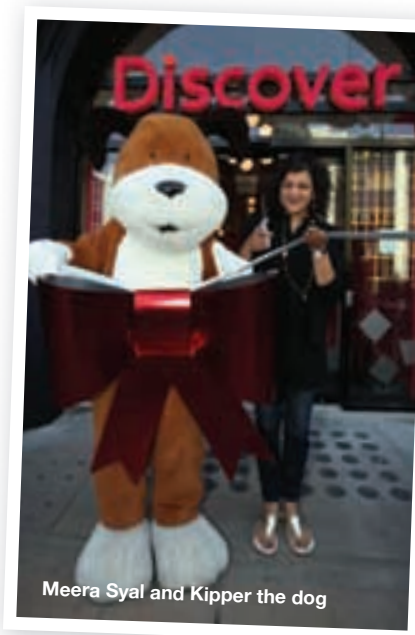
Discover now has a new entrance on Stratford's High Street, a sparkling café and new play spaces including a magic tower and fairy forest.

Did you know?

Newham Council has a dedicated business development team who work to improve and grow the visitor economy in Newham. Our borough already attracts 3.5m visitors every year, and in 2012 we're expecting an additional 1.5m tourists to flock to our area and find out about all we have to offer.

How to discover Discover

- > The children's story centre is based at 383-387 High Street, E15 and is open Tuesday to Friday, 10am-5pm; weekends, 11am-5pm and on Mondays during school holidays
- > Newham residents receive a discount and can visit for £4 a time while entry to the Story Garden is completely free
- > For more information call **020 8536 5555** or visit **www.discover.org.uk**



Meera Syal and Kipper the dog

REAWAKEN YOUR SENSE OF DISCOVERY



can you
read me a
story?

Fostering, what would you say?

For a career that's financially and
emotionally rewarding call us free on

0800 013 0393
newhamfostering.co.uk

NEWHAM YOUR

CALLING ALL NEWHAM BANDS AND LIVE MUSIC LOVERS

Are you a member of a band or a solo artist looking for a local venue to showcase your talents? Do you love live music but struggle to find somewhere in Newham to indulge?

If so then Forest Gap could be just the programme for you. Resident John Davis has set up a bi-monthly set of free performances to give local bands and solo artists the chance to perform in front of an audience while getting Newham in on the live music scene.

All types of music are welcome with indie, rock and alternative proving most popular. You can play original material or covers and if you're new to performing there's support available. The line-up is confirmed in advance and after the live music the night finishes with a disco – so don't forget your dancing shoes!

The next free Forest Gap event is Friday 21 May at the Club House, Forest Gate Hotel, 105 Godwin Road, E7. Doors open at 7pm with music kicking off at 8pm.

For more information or to enquire about your band joining the line-up, email John at forestgap.music@gmail.com



Newham's got The Factor

Talented residents will have the opportunity to audition for one of Britain's biggest talent shows on 1 and 2 May when the first round of auditions for The X Factor come to ICC London at ExCeL, Custom House. Soloists and groups are guaranteed an audition until the capacity of the venue is reached. Visit www.itv.com/xfactor for more information.

The auditions will be the first event held at the new venue ahead of its official launch in June.



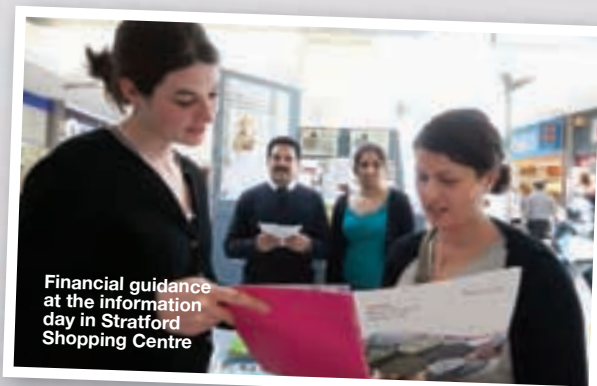


Citizens Advice Bureau helps residents manage their debts and pay their mortgage

For those of us with debts on our credit cards or problems staying on top of our mortgage repayments, help was on hand at a recent information day held in Stratford Shopping Centre, E15. Money experts from Newham Citizens Advice Bureau (CAB) met residents face-to-face and gave out impartial advice on managing and prioritising debt and how to reduce the risk of losing their homes.

If you missed the event you can still get the help and advice you need – and the sooner you act the better. Anyone who is worried about losing their home can make an appointment to see a specialist debt advisor free by calling Newham CAB on 020 7540 4941. The bureau is based in Custom House but you will need to call first to make an appointment.

Newham Council provides a range of services to help residents in tougher times including help with debt, benefits advice and services to help you find a job. Visit www.newham.gov.uk/helpingyouthroughtherecession or call **020 8430 2000** for more information.



Ask the experts at allotment sale

Spring has sprung but how does your garden grow? If you've been slack when it comes to sowing, the East Ham Allotment Associations are ready to lend a helping hand with a range of plants to beautify your outdoors.

The annual allotment sale at the Folkestone Road site, East Ham, next to the Newham Council depot, will be open to the public on Saturday 15 and Sunday 16 May, from 10am to 5pm. Whether you've a window ledge or an acre of land, head down to the sale and grab a bargain.

On offer will be a range of vegetables, including chilli peppers, aubergines and tomatoes; bedding plants such as marigolds, begonias and busy lizzies; as well as raspberry, black and red currant fruit bushes.

Plant prices start from just 30p. There will also be locally produced allotment honey for sale and gardeners will be on hand to answer any of your cultivation questions.



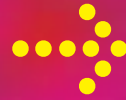
Give the gift of life

Did you know that 96 per cent of us rely on the other four per cent to give blood and that donated blood has a limited shelf life of just 35 days? This is why the NHS constantly needs new donors.

Why not give the gift of life this spring by giving blood on **Tuesday 11 May** at West Ham United Hotel, Boleyn Ground, Green Street. There are two sessions: 2-4pm and 5-7.30pm. If this date is not convenient, West Ham United Hotel is also holding two sessions on Monday 2 August.

You do need to book in advance so call the Donor Line on 0300 123 23 23 or visit www.blood.co.uk and do something amazing.

Kids' Corner



PLEASE SEND YOUR DRAWINGS,
JOKES AND POEMS TO:
KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU

GALLERY



Afina Bajariunai, 10



Romal Porbudas, 10



Tega Azigbo, 3



Leotie, 6

Win a £10 Newham Bookshop voucher

Our friends at Newham Bookshop invite you to send in your pictures, jokes and poems to the Newham Mag to be in with the chance of winning a £10 book voucher to spend in-store at 745-747 Barking Road, E13.

Afina Bajariunai is this issue's winner. To be in with a chance of winning this, or another fantastic prize, send your creative creations to Kids' Corner, West Wing – Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU. Don't forget to write your name, age, address and contact telephone number on your entry. Good luck!



Crossword

Across

1. Food people are served once a year (8,4)
8. People blow these out on their birthdays (7)
9. Bunnies (7)
10. Wild animal which sounds as though it is laughing (5)
11. Facial injury that involves a lot of blood (4-5)
14. Leather seat for a rider (6)
15. Fertilised egg (6)

Down

1. England football legend who will miss the World Cup because of injury (7)
2. People who take part in a half marathon (7)
3. The Netherlands (7)
4. Cesc Fabregas' football team (7)
5. People receive these in the post on their birthdays (5)
6. Meat on a skewer (5)
7. It gives power to electrical goods that are not plugged into a socket (7)
12. Night before Christmas (3)
13. Place for scientific experiments (3)

Poem

Laughter
It can be a screeching sound
vibrating in your ears,
It can be loud and commanding.
It fills your soul and makes
you high,

It crawls around in your heart,
You can't live without it,
You can't die with it,
It's a drug that lasts forever.
Why use cocaine or heroine,
When you've got a drug inside

you waiting to be released?
Laughter, it's waiting for you,
Use it wisely,
Million times a day, I prescribe.
Laughter, a cure for all diseases.

By Lydia Ofori, 13

WHAT'S ON?

**FIVE PAGES
OF ACTIVITIES
MOSTLY FREE,
ALL FUN!**

To view hundreds of events, or to add your own,
log on to www.newham.gov.uk/whatson

30 APR – 14 MAY

TRY SOMETHING NEW... LIBRARY OUTREACH SERVICE

If you are unable to visit one of Newham's ten libraries then why not have the service come to you?

Newham Council's friendly outreach team visit house-bound residents, community groups and organisations across the borough to deliver books, library materials and reading aids. From the latest best-seller to non-fiction titles in audio, large and ordinary print; from magazines, DVDs and CDs to titles in a range of community languages, the outreach service is here to help residents make the most of all our libraries have to offer.

To contact the outreach library team based at Plaistow Library call 020 8568 6541.

For full library listings turn to page 35.



ALL LIBRARY LISTINGS

UNDER 5s GROUPS

All open to under 5s with their parents/carers.

Storytelling
Beckton Globe
Friday 10-11am
Canning Town
Monday 10.30-11.30am
Custom House
Tuesday 10.15-11.15am
East Ham Wednesday 2-3pm
The Gate Friday 11am-12noon
Green Street Thursday
10.30-11.30am
Manor Park Thursday
10.30-11.30am
North Woolwich
Thursday 2-3pm
Plaistow
Tuesday 11am-12noon
Stratford Tuesday 11am-
12noon and Friday 2-3pm
Crafts Club
Manor Park
Tuesday 10.30-11.30am
Toy Library
Beckton Globe Monday
10am-12noon and
Thursday 1-3pm
East Ham Tuesday
10am-12noon and Thursday
10am-12noon
Messy Play
Beckton Globe Tuesdays
during school term 1.30-
2.30pm
Imaginative Play
East Ham Friday
10.30-11.30am

ADULT READING

Adult Reading Group
Stratford Monday 10 May

6.30-7.30pm
The Gate Tuesday 4 May
6.30-7.30pm
Plaistow Thursday 6 May
6.45-7.45pm
**Women-Only Urdu
Reading Group**
The Gate Tuesday 11 May
5.30-7.30pm
Over 50s Reading Group
Beckton Globe Tuesday 4
May 9.45- 11.45am

OTHER GROUPS

Over 50s Club
Beckton Globe
Tuesday 9.45-11.45am
**Click-On – computer
sessions for over 50s**
East Ham Friday
10am-12noon and 2-4pm
Plaistow Friday
10am-12noon and 2-4pm
ICT Surgeries
East Ham Friday 4-5pm
The Gate Thursday
10am-12noon
Manor Park Thursday 2-4pm
Writers' Group
The Gate Tuesday 27 April
5.45-7.45pm
**Knit & Natter – craft group
for men and women of all
ages and abilities.**
Beckton Wednesday
10am-12noon
North Woolwich
Tuesday 10am-12noon

YOUNG PEOPLE

Homework Club – For young
people aged seven to 14.
School term and half term only!
Beckton
Tuesday 4-6pm

Canning Town

Thursday 4-6pm

Custom House

Thursday 4-6pm

East Ham Monday 4-6pm

The Gate Tuesday 4-6pm

Green Street Tuesday 4-6pm

Manor Park

Thursday 4-6pm

North Woolwich

Thursday 3.30-5.30pm

Plaistow Thursday 4-6pm

Stratford Monday 4-6pm

Games Clubs – PS2 and Xbox games, music, board games and many more activities for ages eight to 13.

Canning Town

Monday 3.30-5.30pm

Custom House

Tuesday 3.30-5.30pm

East Ham

Tuesday 3.30-5.30pm

Manor Park

Monday 3.30-5.30pm

Stratford Playerz – Free activities for ages seven to 14.

Stratford Thursday 6 May

Teenage Games Club – PS2 and Xbox games, music, board games and many more activities for ages 12-16.

Beckton Globe Monday and Wednesday 3-5pm

Teen Xtra Evenings – Free activities for ages 12-21.

The Gate Thursday 6-8pm

MOVIE NIGHTS

Children of Men (15) –

Based on the novel by PD James.

Stratford Thursday 13 May 6-8pm

LIBRARY CONTACTS

Beckton Globe 1 Kingsford Way, E6 5JQ. 020 8430 4063

Canning Town Barking Road, E16 4HQ. 020 7476 2696

Custom House Prince Regent Lane, E16 3JJ. 020 7476 1565

East Ham High Street South, E6 6EL. 020 8430 3647

The Gate 4-20 Woodgrange Road, Forest Gate, E7 0QH. 020 8430 3838

Green Street 337-341 Green Street, E13 9AR. 020 8472 4101

Manor Park Romford Road, E12 5JY. 020 8430 2207

North Woolwich 5 Pier Parade, E16 2LJ. 020 8430 5900

Plaistow North Street, E13 9HL. 020 8472 0420

Stratford 3 The Grove, E15 1EL. 020 8430 6890

Archives and Local Studies 020 8430 6881



Football

Community

Outreach Services

For more information call 020 8586 6541

SPORTS PROGRAMME

Basketball

Newham NSP (free)

- Basketball coaching, 8-19

Mon, 7.30-9pm

Little Ilford Youth Centre, E12

- Basketball Competition, 8-19

Tues, 6-7.30pm

Lister School (Sports Hall), E13

- 3 v 3 league, 8-19

Thurs, 5-7pm

Forest Gate Youth Centre, E7

Football

Newham NSP (free)

Five-a-side

- U14 & U18

Mon, 6.30-8.30pm

Newham Leisure Centre, E13

- 11-18

Wed, 5-8pm

Priory Park MUGA, E6

- 8-19

Wed, 5-6.30pm

Keir Hardie Park, E16

- Five-a-side, 8-19

Fri, 6-7.30pm

Scud Park, Tant Avenue,

Canning Town, E16.

- Mayor's Football League, U14, U18,

Thurs, 4-6pm

Memorial Park

- Coaching and competition, 8-19,

Sun, 1-2pm

Winsor Park, E6

- Monthly tournament

U12, U14, U18, 10am-1pm

First Sat of the month

Plasnet Park, E6

WHU Kickz (free)

Mon

- U14, 4-5.30pm

- 15+, 5.30-7pm

West Ham Community Astro Turf (Beckton)

- 11-18, 5-8pm

Forest Gate Youth Centre, E7

Tues

- U14, 4-5.30pm

- 15+, 5.30-7pm

West Ham Community Astro Turf (Beckton)

- 11-18, 6-9pm

Priory Park MUGA, E6

Wed

- 11-18, 5-8pm

Priory Park MUGA, E6

Thurs

- 11-18, 4-7pm

Priory Park MUGA, E6

Fri

- U14, 4-5.30pm

- Girls 11+, 5.30-7pm

West Ham Community Astro Turf (Beckton)

- 11-18, 5-8pm

Forest Gate Youth Centre, E7

Air Football 16+

Tues

1-3pm, Stratford Park, E15

Fri

3-5pm, Beckton Powerleague

For more info visit

www.airfootball.co.uk





Boxing

Ascension Football Academy

For info call Louise on 07841 749 292.

School years R-3:

9.30-10.30am

School years 4-7:

10.45-11.45am

School years 8-11:

12noon-1.30pm

All sessions £2.50

King George V Park, E16

020 8430 2484

Multi sports (free)

Newham NSP

- Handball, football, competition

5-7pm, 8-19

Wed, Stratford Park, E12

- Coaching and competition 4-5.30pm, 8-19

Fri, St Johns Community Centre, Albert Rd, E16

Athletics at Newham Leisure Centre

- Get Set Go Group, 11-16

Mon, 4-5.30pm, £1

- Met Track 10-17

Fri, 4.30-6pm

- Newham and Essex Beagles Athletics Club, 10+

Mon and Wed, 6.30-9pm;

Sun, 10am-1pm

Email jacqueline.ramsden1@btinternet.com

Cricket

- Tapeball cricket league (free) 11-15, 16+, 6-9pm

Kingsford Astro Turf

- Rokeby community cricket (free)

Wednesday 4-5pm 8-16

Rokeby School sports hall, Pitchford Street, E15

Call Ben for info:

07971 286 254 or

email ben.chambers@newham.gov.uk

- Newham Cricket Club

8-16, £2 per session

Monday 5-7pm

Langdon School sports hall, Sussex Road, E6

Women United FC

Mon, 6-7.15pm, 16+

Kingsford Community School, Kingsford Way, E6

Football and basketball Newham All Star Sports Academy (NASSA)

- 12-16 mixed, Mon

6-7.30pm,

- 18+, 7.30-9pm, Newham

Leisure Centre, E13

- 11-16 girls, Tues,

4.30-6pm, Sarah Bonnell

School, E15

- Fri, 4.15-5.30pm 8-11 mixed

3.30-7.30pm, 12-16 mixed

Cumberland School, E13

For more information about

Newham All Star Sports

Academy (NASSA)

call Chris on 07932756197

or Natasha on 07985281581

or visit www.nassa2012.org.uk

Handball (free)

- Newham Flames, Tues

U15, 3.30-5pm

U18, 5.30-6.30pm

Newham Leisure Centre, E13

(Multi-Sports Hub)

Call Ari Bekker on

For info call: 020 8586 7070 or 07709 758 661

Boxing

East Ham Boleyn ABC

10- years +; boys only

- Mon, Tues, Wed, 5-6pm

East Ham WMC, 2 Boleyn Road, E6

Call Daniel Penny on

07958 124 144

- West Ham Boys ABC

9-years +; boys and girls

Mon, Wed, Fri, 5-6pm

The Black Lion, 59-61 High Street, E13

Call Lianne Jameson on

020 8472 3614

- Peacock ABC 8-years +

Mon, Wed, 6-8pm

boys and girls

Caxton Street North, E16

Call Martin Bowers on 020 7511 3799

- Newham Boys ABC

6-years +; boys only

Mon, Wed, Fri, 6-7.45pm

Old Bath House

141 Church Street, E15

Call Ravinder Atwal/Joe

Chapman 020 8519 5983

- Fight For Peace 11 years

+; boys and girls

(Phone for session details)

Woodman Street,

North Woolwich, E16

Call Marigold Ride

on 020 7474 0054

Contact clubs before visiting

Free non-contact boxing

Non-contact boxing is the perfect way to increase your fitness, lose weight, build strength and learn to defend yourself.

Osmani Boxing Club is open to males aged eight to 25 Fridays, 4-6pm

Froud Centre, 1 Toronto Avenue, E12

For more information call 020 7247 8080 or email healthyfutures@osmanitrust.org

Free sports@Ascot Hall

Football, girls and boys, eight-15yrs, Sat, 10am-12pm

Street dance for girls, all ages, Sat, 12-1pm

Non-contact boxing, eight-12yrs, Sat, 2-3pm

All sessions are free, for info call 020 8430 4775

Ascot Hall, Hermit Road, E16

Newham Swords

Learn to fence with Olympic champions; from ages four to adult. The Hub in the grounds of Newham Leisure Centre, Prince Regent Lane, E13.

Tuesday 6.30-9pm

Thursday 6.30-9pm

Friday 7.30-10pm

Call Linda on 07956 618 898 or visit

www.newhamswords.co.uk



Newham Swords

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

Multi-Sports

New free Flying Wheels club for young wheelchair users aged 6-22. With an emphasis on wheelchair rugby and training from professional players, come experience different sports activities and health and fitness. Wednesday evenings, 7-9pm The Hartley Centre, 267 Barking Rd, East Ham, E6
Call Eda on 020 8472 0058 for more information.
Mon, Eastlea multi-sports club for SEN & disabled young people, Eastlea Community School, E16, 4-5.30pm

Multi-Activities

People with Disabilities Club, Tues, Newham Leisure Centre, E13, 10.30am-12.30noon

Swimming for children with special needs

Tues, Newham Leisure Centre, E13, from 2.30-4pm
Newham Otters Swimming Club, Sat, Newham Leisure Centre E13, 4.45-5.45pm
For more information call 020 8552 3195
The 3 Hs, Sun, Balaam Leisure Centre, E13, 12.30-2pm
For details call Zeenat 07528 562 902

Get fit for free

Free use of the gym for one year for people with learning disabilities at Newham Leisure Centre on Tuesdays from 1.30-3.30pm. To book an induction you must contact Zahra Mirza on 020 7511 4477

Goalball

First Thursday of the month at Newham Club, Brampton Manor School from 5-7pm

B1 Football Club

Third Sunday of every month

at East Ham Leisure Centre from 10am-12noon

ARTS LISTINGS

Stratford Circus

Devious

Saturday 1 May, 7.30pm
Tickets: £10 / £8 concs.
Max Somerset and Christian Lee are two of the UK's leading TV magicians and this season they're joining forces to ignite the stage with their unique brand of madcap mind control and sorcery in this all new, multimedia, magical, musical affair.

Bob, the Man on the Moon

Saturday 1 May, 3pm
Tickets: £6 / £5 concs.
Sixth Sense and Travelling Light's funny and delightful new show is inspired by the hugely popular award-winning book by Simon Bartram and incorporates puppetry, musical narrative & multi-sensory design.

The Tell Woman

Thursday 6 May, 2pm
Tickets: £6 / £5 concs.
A brand new fantastical fairytale for the under tens and their families. This original transporting dance theatre piece is funny, dark, beautiful to look at, and sometimes a bit yucky...akin to a modern Alice in Wonderland.

Theatre Royal Stratford East

Britain's Got Bhangra

Until 16 May
Tickets: Tue-Thu & Sat/
Sun matinees: £12/£17,
concessions £7/£12
Fri & Sat eve: £15/£20,
concessions £10/£15
Audio described performance:
8 May at 2pm
Subtitled performance: 1 May at 2pm

Britain's Got Bhangra charts the rise of British Bhangra from the sequin clad 80s



Theatre Royal Stratford East

through to the R'n'B fusion of the current charts.

Twinkle arrives fresh from the fields of the Punjab with a song in his heart and no money in his pocket. Can his talent shine through or will the remixed bling of the 90's DJs ruin his dreams?

COMMITTEE MEETINGS

Newham Community and Police Forum

Thursday 13 May, 7pm
Newham Town Hall, E6.

The Forward Plan, also available on the Newham website, sets out all key decisions to be taken over the next four month period. The May Edition of the Forward Plan will be published on 16 April 2010.

OTHER EVENTS

Newham Swimming Club

Join this ASA affiliated competitive swimming club for ages eight and up.

Training most nights in Newham leisure centres. Entry to the club is through monthly trials.

Contact John Harvey on 07749 724 696 to arrange attendance at a trial. Visit the website for more information: www.newhamswimmingclub.org.uk/howtojoin

Royal Falcons Football Club

Football for ages 6+ Beginners, boys/girls welcome Tuesdays, 6.30-8pm and Saturdays, 10.30am-12noon Savage Playing Fields, Savage Gardens, Beckton. £2-3 per week for both sessions.

For more information call Nick on 07764 356 077



Yoga

Yoga classes

Tuesdays 6.30-7.30pm

Fridays 10.30-11.30am

The Hub, 123 Star Lane,
Canning Town, E13

Price £5

Low income/Student £3

Contact Karen

07908 232 377

Lunchtime Tai Chi at the Hub

Tai Chi is a gentle form of
exercise which is good for the
mind, body and soul.

Every Saturday

The Hub, 123 Star Lane,
Canning Town, E16

12noon-1pm. Free!

For more information call the
Community Involvement Team
on 020 3150 0080

Track Tuesdays

Tuesdays, 6.45-8pm
Terence McMillan Stadium,
behind Newham Leisure
Centre, Prince Regent
Lane, E13.

Want to get in shape? Then
join East End Road Runners
for a spot of training for adults
of all abilities aged over 18.

For more information call
07979 261 647 or visit
www.eastendrr.co.uk

Interested in gardening?

Join the Abbey Gardens
garden club. Sessions are free
and rake place on:

Tuesdays 1-3pm

Thursdays 4-7pm

Saturdays 10am-3pm

The club is held at Abbey
Gardens, Bakers Row, E15.

Sessions are run by garden
club leader Hamish Liddle.

If you live in Stratford turn to
page 2 of Stratford and West

Ham In Focus. For more
information visit

www.abbeygardens.org

Running Club

Monday, 4.30-5.30pm

Tuesday, 6-7pm and 7-8pm

Wednesday, 5.30-6.30pm

Thursday, 7-8pm

Cost: £2. Newham Leisure
Centre, Prince Regent
Lane, E13

For more details call Rhian
on 07971 286 250 or email
getactive@newham.gov.uk

West Ham Park running group

Saturday, 10-11.30am

Cost: £2. West Ham Park,
Upton Lane, E7

For more details call Rhian
on 07971 286 250 or email
getactive@newham.gov.uk

USEFUL NUMBERS

020 8430 2000

Hundreds of services,
just one number – for all
council enquiries

For questions about
councillor surgeries or to
find out which ward you live
in, call 020 8430 2000 or
visit www.newham.gov.uk/yourcouncillor

Write to the Mayor at
Newham Town Hall,

Barking Road, London,
E6 2RP or email

mayor@newham.gov.uk

For information about
Community Forums
freephone 0800 519 4015 or
email community.forums@newham.gov.uk

For information about the
2012 Games and how it will
affect Newham, visit www.newham.gov.uk/2012Games

To report anti-social
behaviour call Newham's
24-hour hotline on
0800 731 3300

To speak to the Newham
Mag team, call 020 8430
2000 or email newham.mag@newham.gov.uk

VOLUNTEER WITH THE LONDON 2012 CHANGING PLACES PROGRAMME

In 2009 more than 2,300 hours of volunteer time was used to
improve the areas that surround the Olympic Park. Why not
volunteer your time on **Saturday 22 May** to help the team make
environmental improvements to the Greenway including creating
habitat walls and loggeries for invertebrate and reptiles.

The Changing Places team will be busy at work from
10am-3pm. If you would like to join them email
changingplaces@london2012.com to register your interest.





Save waste – save money Compost bin sale

Sunday 2 May 10am until 3pm
Queens Market, Green Street, Upton Park

To encourage you to compost your waste Newham Council will be offering compost bins at over 90% discount.

You can use compost bins to dispose of your garden waste such as **leaves, weeds, flowers, grass cuttings** and items such as **tea bags and vegetable peelings**.



Compost bins are available in two sizes

Standard 220 litre

Height 900mm
and depth 740mm

Only £2

RRP £39

Giant 330 litre

Height 1000mm
and depth 800mm

Only £5

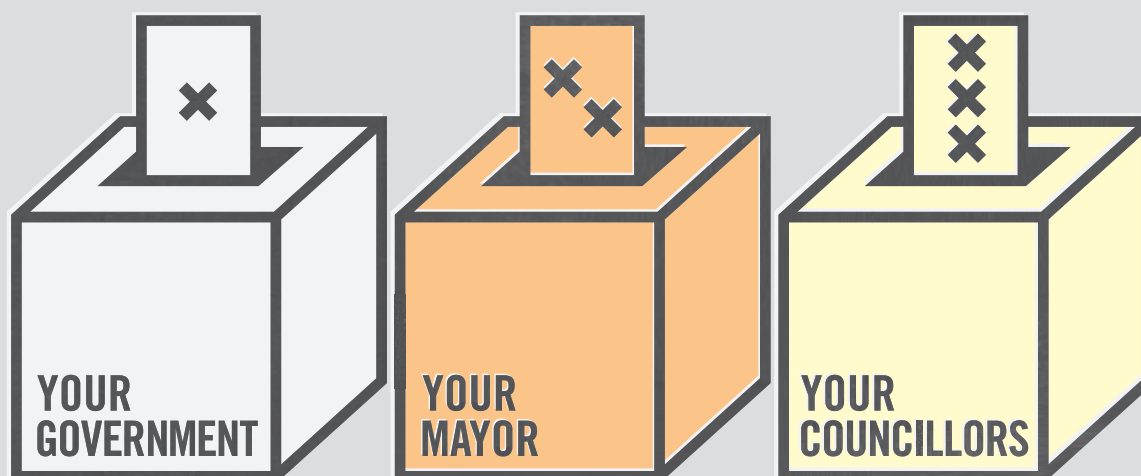
RRP £49

Stock is available on a first come first serve basis. For more information visit www.newham.getcomposting.com

1 DAY

THURSDAY 6 MAY

3 VOTES



VoteNewham.com